

DIVE INTO FROSH WEEK
GET SET UP FOR THE NEXT 4 YEARS {page 15}



MORE OF HER TO LOVE
FOOD FUELS JULIA'S JOURNEY {page 8}

DIAMOND FARROW COUNTERS CAMPBELL CLAIM DISH {page 9}



HALIFAX metro®
Tuesday, August 10, 2010
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Coun. seeks end to secret ballots

Vote on in-camera procedures set for tonight's council • Minutes not recorded 'at some meetings,' Uteck says • Creating an issue out of nothing, replies Mosher

Secret ballots. No clerk in the room. No lawyer present.

These are all above board under the current procedural rules of Halifax regional council closed-to-the-public in-camera meetings.

Coun. Sue Uteck has brought forward a motion that, if approved tonight, will do away with secret ballot voting, and require HRM's solicitor to be at all in-camera sessions.

"We've had in-cameras where, in my opinion, we have the potential to put the municipality at risk," Uteck stated.

Mayor Peter Kelly confirmed council was asked to vote by secret ballot in a July 6 in-camera meeting, but said the clerk was present and the minutes recorded.

Neither Kelly nor councillors would disclose what the meeting was about, but then-CAO Dan English retired the next day.

Coun. Linda Mosher dismissed Uteck's motion as political grandstanding.

"She had no problem having confidential ballots when she became deputy mayor," said Mosher.

"Sue is making a non-issue into an issue, which is what she always does. It's pathetic, actually." ALEX BOUTILIER

Behind closed doors

When Halifax regional council has in-camera meetings when discussing issues of personnel, legal matters and public safety.

Over. And out



Joseph Howe Drive was closed between Mumford Road and Bayers Road for about five hours yesterday after a transport truck flipped on its side after striking a car in the intersection connecting Highway 102. There were no serious injuries in the late-morning accident.

PHILIP CROUCHER/METRO HALIFAX

Guantanamo Bay

Khadr confessions stand: Judge

- Canadian faces five war-crimes charges
- Defence lawyer argued young defendant's statements were result of torture {page 5}

Realizing your dream, passion



Doctor turns to flamenco, writing to spice up her life {page 11}

Bachelorette party pratfalls

Jessica Napier on tired rituals of girls gone bridal {page 7}

Arbitrator nixes Kovalchuk deal

Ruling upholds NHL's rejection of 17-year contract {page 16}

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Vests an issue after stabbing

Stab-proof vests aren't required in the Central Nova Correctional Facility's North 1 wing, where a guard captain was stabbed twice on Saturday.

But Justice Minister Ross Landry said yesterday depending on the findings of a police investigation into the incident, the government may be willing to make them available.

"The situation will be reviewed from a multitude of angles, and if it's determined at that time that increased protection is needed, that decision will be made," he said.

The protective vests are used in all areas of the Burnside jail, according to department spokeswoman Jennifer Gavin, but mostly for high-risk searches.

Landry said if the investigation determines the vests are necessary, his decision will be based on both the safety of employees and budget constraints.

"I … have a department to manage within a budget."

But if it comes to an employee's safety is at risk, I will find the budget for the safety and quality of health for our employee."

Just after 2 p.m. on Saturday, police were called to the Burnside jail after receiving reports of a stabbing.

The guard captain suffered non-life-threatening stab wounds to his abdomen.

ALEX BOUTILIER

Charged

Fraser faces numerous charges

- **Charges** John Roderick Fraser, 21, has been charged with aggravated assault, assaulting a peace officer, possession of a weapon, and uttering threats.

METRO HALIFAX FILE PHOTO



▶ Ross Landry.

Work to start on blood service centre

- Cost to build centre not finalized
- Current location an empty lot



PHILIP CROUCHER
@METRONEWS.CA

Work is scheduled to begin this fall on the Canadian Blood Services' new production centre for all blood and blood products in the Maritimes.

The centre, to be located on John Savage Drive in Dartmouth's City of the Lakes Industrial Park, will see blood collected at clinics across the Maritimes, shipped to the new facility for processing and distribution.

"This will be a state-of-the-art manufacturing and distribution centre," said CBS's chief operating officer Ian Mumford, prior to yesterday's official groundbreaking event.

A construction tender for the 65,000-square-foot centre closes today with the facility expected to be up-and-running by early 2012.

Investment

In March of 2009, Canadian Blood Services announced a $38-million investment towards re-development plans for Atlantic Canada.

- **Inclusion** Investment includes the new production facility in Dartmouth and a new permanent blood donor clinic at the Village of Bayers Road in Halifax.
- **Open** The blood donor clinic is scheduled to open in early 2011.
- **Ship** The current Halifax-based production facility for CBS sees blood shipped from Nova Scotia and Prince Edward Island, but not New Brunswick.

86K The estimated number of blood donations to be processed out of the centre each year.

PHILIP CROUCHER/METRO HALIFAX



▶ Canadian Blood Services COO Ian Mumford and Mayor Peter Kelly participate in yesterday's groundbreaking event for the new production centre.

Officer faces another charge

A Halifax Regional Police officer, already facing charges of extortion, breach of trust and drug possession, was arrested following a domestic disturbance over the weekend.

Cape Breton Regional Police say Jeffrey Buchanan was charged with assault and breach of recognizance.

Police say a woman was assaulted at a home in Gardiner Mines on Sunday morning.

Jefferey Buchanan, who holds the rank of constable, is suspended from the Halifax Regional Police force and was charged in December with extortion, breach of trust and drug possession.

THE CANADIAN PRESS

Charge

Buchanan pleads not guilty to drug possession.

- **Not guilty plea** Jeffrey Buchanan has pleaded not guilty to the drug possession charge and that case is scheduled for a trial in November.

News in brief

Religious leader dies

DEATH. A well-known local religious leader has died.

Rev. Dr. Donald Fairfax of Dartmouth was the former moderator of the African United Baptist Association and pastored at Victoria Road United Baptist Church for more than 50 years.

He was also member of the Order of Canada.

METRO HALIFAX

Man dies in ATV crash

CAPE BRETON. A 42-year-old Cape Breton man is dead and another man injured after a crash involving an all terrain vehicle.

THE CANADIAN PRESS

1 news

News on the move

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Artists about to feel like a million bucks

Feds announce arts funding in concert with International Busker Fest Arts investments pay economic dividends: Minister



ALEX BOUTILIER
@METRONEWS.CA

Minister of Canadian Heritage James Moore announced $1.1 million in federal funding for arts, heritage and culture projects in HRM.

The minister made the announcement in conjunction with Nova Scotia Finance Minister Graham Steele and Health Minister Marilyn More at the Art Gallery of Nova Scotia yesterday morning.

"We know that arts and culture plays an important element of the quality of life in our cities," said Moore.

"Arts and culture is (also) an important economic engine."

The funding will go to 21 different organizations, ranging in genres from contemporary dance to independent film making to a fiddle festival.

Recipients

Some of the largest local recipients of the federal arts and heritage funding announced yesterday:

- **Symphony Nova Scotia** $356,021
- **Live Art Production Society Contemporary Dance Series** $262,000
- **TD Halifax Jazz Fest** $114,000
- **Kinetic Studio Series** $85,000
- **Art Gallery of Nova Scotia** $70,900

RYAN TAPLIN/METRO HALIFAX



▶ Australian contortionist Bendie Em performs along the waterfront at the Halifax International Busker Festival on Thursday.

Racism alleged in bridge detour debacle

About 70 protesters blocked a rural road in Westphal yesterday, some alleging their predominantly black community is being denied access to a shortcut around a nearby construction site because of their race.

The replacement of an aging bridge about five kilometres south of the community means North Preston's 2,000 residents have to take a 7.6-kilometre detour along a partially paved road to the nearest highway.

But residents of Lake Major, the community closest to the bridge, have been given access to a privately owned, gated former logging road that reduces the length of their detour to 5.6 kilometres.

Without it, their detour would be about 11 kilometres.

North Preston resident Glenn Cain said the community wasn't told about the special arrangement, which helped create the perception that racism was behind the move.

"You can't position it any other way," he said. "When people get upset, some choice words come out."

Area councillor David Hendsbee said Lake Major residents were given access to the shortcut because of where they live — not the colour of their skin.

"Those residents, regardless of their skin colour, would have got a key (to the gates)," Hendsbee said.

THE CANADIAN PRESS

Blockade

RCMP Cpl. Joe Taplin said the blockade at Lake Major started around 7 a.m. when 70 protesters showed up at the intersection with Highway 107.

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CONTRIBUTED PHOTO



▶ David Hendsbee

New lanes ready in Hants County

Highway 101 has a new four-lane section through a 7.4-kilometre stretch of Hants County.

The five-year twinning project between St. Croix and Three Mile Plains was recently completed at a cost of about $22 million, jointly funded by the province and the federal government.

Two years ago the twinning of a section between Falmouth and Avonport was completed. The Transportation Department says future work will be done on a section between Three Mile Plains and Falmouth.

THE CANADIAN PRESS

New deal on French education

Nova Scotia and Ottawa have renewed two cost-sharing agreements to promote and support French-language services and education in the province.

The deal "will assist the Acadian and Francophone community in reaching their long-term development goals," said Acadian Affairs Minister Graham Steele. THE CANADIAN PRESS

RYAN TAPLIN/METRO HALIFAX



▶ Graham Steele

New judges to join N.S. Supreme Court

Two new judges are about to be sworn in as members of Nova Scotia's Supreme Court.

Pierre Leon Muise, currently a provincial court judge in Digby, and Patrick J. Murray, a lawyer with a Sydney law firm, were appointed on Friday.

Muise is fluently bilingual and is able to conduct trials in both English and French. Murray began his legal career at the Dalhousie Legal Aid Clinic in 1981 and was also a past director of the Nova Scotia Legal Aid Commission.

THE CANADIAN PRESS

ASIA FLOODS

Death toll continues to rise

Rescuers lifted muddy bodies into trucks, and aid convoys choked the road into the remote Chinese town where hundreds died and more than 1,100 were missing yesterday from landslides.

In Pakistan, the United Nations said the government's estimate of 13.8 million people affected by the country's worst-ever floods exceeded the combined total of three recent megadisasters — the 2004 Indian Ocean tsunami, the 2005 Kashmir earthquake and the 2010 Haiti earthquake.

Rescuers in mountainous Indian-controlled Kashmir raced to rescue dozens of stranded foreign trekkers and find 500 people still missing in flash floods that have killed 140.

THE ASSOCIATED PRESS

Khadr interrogation confessions allowed

Rulings come after Canadian man's lawyer formally entered not-guilty pleas on all charges ◗ Jury selection to begin today



▶ In this photo of a sketch by courtroom artist Janet Hamlin and reviewed by a U.S. Department of Defense official, Canadian defendant Omar Khadr attends his hearing at the U.S. military war crimes commission in Guantanamo Bay, Cuba, yesterday.

Five charges

The trial, expected to start tomorrow, is the first under U.S. President Barack Obama, who pledged to shut down Guantanamo Bay.

- Khadr, faces five war-crimes charges, including killing an American special forces soldier by throwing a hand grenade in Afghanistan in July 2002.
- He was taken to Bagram prison before being transferred in October 2002 to Guantanamo Bay, where he has been held since.

The judge presiding over Omar Khadr's war-crimes case cleared the way for the U.S. military trial to proceed by ruling yesterday that confessions the Canadian made can be used as evidence against him.

In making the ruling, Col. Patrick Parrish rejected defence arguments that Khadr's statements were the product of torture.

"The motion to suppress the accused's statements is denied," Parrish said without giving reasons.

The judge also decided a video showing a teenage Khadr making explosive devices in Afghanistan could be entered as evidence. The decisions end months of bitter wrangling between defence and prosecution over the confessions.

They come after Khadr's lawyer formally entered not-guilty pleas on all charges. Khadr's lawyer, Lt.-Col. Jon Jackson, said the threat of rape and death should render his client's confessions as coerced and unreliable.

He noted the interrogator testified to telling Khadr how a young detainee in American custody had been raped by other inmates, possibly to death.

THE CANADIAN PRESS

Cities urge feds to extend stimulus

$500.5M
of stimulus cash could go unclaimed if Ottawa cuts off funding on the deadline, according to a report.

Canadian cities are calling on Ottawa to extend its stimulus deadline in response to a report showing infrastructure funds could go unspent, or dropped on municipalities' laps.

"What's different about this program is that the government said right in the 2009 budget, you either spend it or lose it," parliamentary budget officer Kevin Page said.

The government has given few indications it is prepared to extend the March 31 deadline, drawing a blast from Liberal critic Gerard Kennedy, who noted that the Conservatives have often maintained there is only one taxpayer.

But the report cautions that the data is stale.

THE CANADIAN PRESS

Pickton video released

Serial killer Robert Pickton told police interrogators he had "one more planned," and suggested he might be willing to tell them more in a 11-hour interrogation police video made public yesterday.

THE CANADIAN PRESS

Fires double death rate

The Russian capital's chief health official reportedly says the number of deaths in Moscow is twice as high as usual because of smog from ongoing wildfires nearby. The source said 1,300 bodies are in city morgues.

THE ASSOCIATED PRESS

KEITH DUCATEL/THE ASSOCIATED PRESS



▶ Ed Stafford walks through Peru during his journey along the Amazon river.

2-year Amazon trek ends

After 859 days, thousands of miles and "50,000 mosquito bites," Ed Stafford became the first man known to have walked the entire length of the Amazon river yesterday.

While he says he is "no eco-warrior," Stafford told The Associated Press near the end of his journey that he hoped his feat would raise awareness of destruction to the Amazon rain forest.

"It's the people in power who are benefiting from the extraction of the natural resources here," Stafford said.

Stafford and a British friend began the walk on April 2, 2008, on the southern coast of Peru. Within three months, his pal left. Stafford carried on, eventually meeting Peruvian forestry worker Gadiel "Cho" Sanchez Rivera, 31, who decided to make the journey with Stafford to the Atlantic.

Stafford and Rivera were at one time captured by Indians in their village but their repeated explanations of the point of their expedition won over the Indians.

THE ASSOCIATED PRESS

News in brief

UN chief defends his record

Secretary-General Ban Ki-moon lashed back yesterday at the stinging criticism levelled by two former senior UN officials, saying it was "unfair" to raise questions about his record on battling internal fraud and corruption.

Two times in the past month top UN officials who were in charge of fighting corruption have blasted his leadership.

THE ASSOCIATED PRESS





CHINA

Inefficient factories to close

China has ordered 2,087 steel and cement mills and other factories with poor energy efficiency to close as the country struggles to improve its battered environment.

The country is the world's biggest steel producer and a major producer of other industrial materials as well.

Its newest facilities are equipped with the latest technology but there are thousands of small, outdated paper mills that authorities are reluctant to close for the sake of jobs and tax revenue.

In the latest crackdown, the facilities would lose their certification to emit pollutants at the end of September, utilities would cut off power supplies and banks would be ordered to stop dealing with them, the Ministry of Industry and Information Technology said.

THE ASSOCIATED PRESS

Honda recalls 44,000

Honda Canada is recalling 44,000 vehicles to fix a reported malfunction of their ignition interlock.

Honda says it may be possible to pull the key from the ignition when the shift lever is not in park, which could lead to a vehicle rolling away.

THE CANADIAN PRESS

Sun Life finds new president

Sun Life Financial Inc. has appointed former Montreal Board of Trade president and CEO Isabelle Hudon to head the insurer's Quebec operations.

Hudon was recently president of marketing agency Marketel and headed the Montreal Board of Trade. THE CANADIAN PRESS

HP shares tumble after CEO resigns

PAUL SAKUMA/THE ASSOCIATED PRESS



▶ Mark Hurd

Under Mark Hurd, HP spent more than $20 billion on acquisitions

Shares of Hewlett-Packard Co. tumbled yesterday in the first trading day following CEO Mark Hurd's sudden forced resignation Friday from the world's largest technology company.

Hurd stepped down from the post Friday following allegations that he falsified expense reports to conceal a relationship with a former contractor.

HP's shares fell $3.50, or 7.6 per cent, to $42.81 in morning trading. The stock has lost more than 16 per cent so far this year.

Under Hurd, HP spent more than $20 billion on acquisitions and cut more than 40,000 jobs as he helped transform the company from a computer and printer maker dependent on ink sales for profits, to a well-rounded technology leader with a broad range of hardware and business services offerings.

"We are frankly surprised and disappointed as Hurd was a strong leader and helped transform HP into a leading player."
SHAW WU, KAUFMAN BROS. ANALYST

Standard & Poor's equity analyst Tom Smith, however, cut his investment recommendation on HP's shares to "Buy" from "Strong Buy" and said the events add uncertainty to what's been a "generally strong management story."

Janney Capital Markets analyst William Fearnley Jr. said he still believes in the stock. THE ASSOCIATED PRESS

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Market moment

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	$1,200.70

OIL	TSX
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$81.48	11,863.56

Aussies' New Zealand apple ban illegal: WTO

The World Trade Organization ruled yesterday that Australia's 89-year ban on imports of New Zealand apples is illegal, and ordered the Australian government to comply with international commerce law.

In a 548-page verdict, the WTO rejected Australia's arguments that the apple restrictions are necessary to keep out pests and diseases.

Still, New Zealand apples are unlikely to appear on Australian markets any time soon. The WTO can authorize punitive sanctions against countries that continue to break trade rules — but usually only after years of litigation — and Australia can file a number of appeals.

The ban was first imposed in 1921 to prevent the spread to Australian trees of fire blight — a disease that damages apple trees and reduces their ability to produce fruit.

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GIRLS GONE BRIDAL: IT'S GETTING TIRED

She says ...

JESSICA NAPIER



If you are a female in your mid to late 20s and are a relatively social creature, you have undoubtedly been invited to a bachelorette party this year.

During this unavoidable rite-of-passage, a group of smart and interesting ladies will douse themselves in body glitter, throw on pink plumed feather boas and transform into a screeching gaggle of drunkards.

A couple of weeks ago, I was invited to such an evening to celebrate the nuptials of a friend of a friend. I reluctantly agreed.

In my experience, almost every bachelorette party (including the one I attended that night) goes a little something like this: Gather a group of 15 of your closest (willing) girlfriends, pile into a stretch Hummer limousine and cruise through the downtown while screaming "woohoo" out of the sunroof en route to your nightclub of choice.

The bride-to-be inevitably selects a typically trendy venue for her sayonara to singlehood where her eager friends will endure a long line-up and an outrageous cover charge all in the name of friendship. Once drinks are in hand, the bridal party will sashay to the dance floor where they are immediately surrounded by cologne-soaked predators who encircle their prey, instinctively drawn to the glittering gems on their bedazzled tank tops.

"I'm not sure what I was expecting when we ordered an exotic male dancer from a company that referred to its entertainment as 'klassy.'"

After midnight, the bride passes off her stilettos to an inebriated bridesmaid and climbs barefoot atop a nearby table. She begins to belt out a sloppy rendition of Pour Some Sugar on Me before clumsily falling down and being escorted out of the bar by her entourage for a late-night slice of pizza.

In case you were wondering, bachelorette parties in the suburbs are not that much better.

Last year, I hosted a bachelorette-themed girl's night in honour of a newly married friend. I served the requisite fruity martinis with novelty penis straws, baked phallic-shaped pastries for party guests to nibble on suggestively and even designed customized bachelorette drinking games.

Later on in the evening, I cringed while watching a partially nude 30-something man with a questionable spray-tan gyrate around my parent's living room (sorry Mom — I swear he didn't touch the furniture) while my girlfriends emitted high-pitched screams of laughter. I'm not sure what I was expecting when we ordered an exotic male dancer from a company that referred to its entertainment as "klassy," but after his hour-long sexy-officer-of-the-law routine, I vowed never to host such a party again.

Cartoon

MICHAEL DE ADDER



An exercise in trust

Worth mentioning

In a historic first for Cold War adversaries, U.S., Canadian and Russian military officers directed fighter jets and ground controllers to test how well they could track an international terrorist hijacking over the Pacific Ocean.

A chartered American jet code-named Fencing 1220 sent a mock distress signal shortly after taking off from Anchorage, Alaska, on Sunday, triggering a pursuit by at least seven fighters and a flurry of radio and telephone calls between military and civilian officials on both sides of the Pacific.

Their goal: To ensure that two militaries still distrustful of each other can work effectively tackling a terror threat that worries both nations.

Canadian Forces Col. Todd Balfe acknowledged it may seem "incongruous" that the exercise took place amid tension between his country and Russia over recent Russian bomber flights probing the northern boundaries of Canadian airspace. But with al-Qaida at the front of North American minds and Russia dealing with threats from Chechen rebels, terrorism transcends national boundaries, and exercises like this could lay the foundation for co-operating on other issues as well, Balfe said. THE ASSOCIATED PRESS

Peacemaker

TORSTAR NEWS SERVICE



What's the better pet — dogs or cats?

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Metro Minute at the Nova Scotia Open

What's with all the racquet down at the Waegwoltic Club in Halifax? It's the Bell and Grant Nova Scotia Open, and if you want to check out the finest tennis talent this province has to offer, you'll want to stop by.

Action begins as early as 8 a.m. most days and runs through late afternoon. Top seeds Adam Becker, on the men's open circuit, and Marijke Nel, on the women's side, will look to hold off the competition that is very talented.

The eight-day tournament concludes on Saturday with the championship matches. Call the tournament phone at 719-3380 for the latest information.

METRO HALIFAX

METRO HALIFAX FILE PHOTO



▶ Adam Becker.

2 scene

Food fuels Julia's emotional journey

Actress put on the pounds for Eat Pray Love ◗ Director Ryan Murphy shot movie in chronological order



NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Julia Roberts wants to clear up one thing about the making of Eat Pray Love.

Director Ryan Murphy has been telling folks his lead actress put on 10 pounds during production — specifically during the food-heavy Italian leg of their around-the-world trip — but Roberts insists that's an exaggeration.

"Ryan keeps telling people I put on 10 pounds. It was a little less than that," she tells Metro. "But I loved every pound. And everybody says, 'Oh, it's going to drop right off in India,' but I didn't get that memo. That did not happen."

To properly recreate Liz Gilbert's journey of self-discovery from her home in New York to Rome, India and Bali, Murphy and Roberts set out to shoot Eat Pray Love in order, something most movies can't do. "For me, it was a great luxury to shoot it in chronological order," Roberts says. "It was almost a necessity of emotional evolution. And you can't start any movie in Bali and then leave."

The role also proved to be an intense internal journey for Roberts. "This was one of the first situations I'd been in that did call for a lot of emotional availability," she admits.

The actress, now happily married with three young children, found her own family a comfort during the soul-searching shoot. "It was definitely great to have a fulfilled sense of my own life, and to be playing some of these scenes and come home at the end of the day and say, 'OK, good. Everybody's here, we're good.'"

Not surprisingly, though, the conversation keeps coming back to the food.

The memory that stands out the most for Roberts happened in Rome. "We went to Naples to where she had eaten that pizza and got there at eight in the morning, sat down to shoot and proceeded to start my day with eight entire slices of pizza in 45 minutes," Roberts says. "So the deliciousness of something wears a tiny bit after piece seven — just because you're speed-eating. But that scene in particular I sort of relished just wolfing it down. And I would eat an entire slice in a take. I don't know why I thought that was a great idea."

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SUBMITTED PHOTO



▶ Javier Bardem and Julia Roberts star in Eat Pray Love, opening in theatres Friday.

News in brief





1 Justin Bieber is the latest high-profile pitchman for the skin-care product Proactiv. Bieber joins the likes of Jessica Simpson, Avril Lavigne and Mandy Moore in promoting the product.

THE CANADIAN PRESS

2 Anna Nicole Smith's bodyguard testified yesterday he discussed a scheme to sell pictures of Smith's newborn baby for $1 million US.

THE ASSOCIATED PRESS

John Lennon's killer seeks parole for sixth time, Yoko says he's still a threat

GETTY IMAGES



▶ Eat, Pray, Love author Liz Gilbert.

Real Gilbert like a 'warm hug'

In Eat Pray Love, Julia Roberts takes on the role of the book's real-life author, Liz Gilbert.

And while having the person you're portraying alive and available is a heck of a luxury for an actress, Roberts was keen on putting her own stamp on the character before meeting the genuine article.

"I was worried about actually falling too in love with her, that I would try to be her as opposed to just interpret her as an actor," Roberts says. "That's why I didn't want to meet her until we had done so much I couldn't change it."

Instead, Roberts turned to director and co-writer Ryan Murphy for cues on characterization. "The first step that I took was putting my complete and total trust in Ryan, which was one of the smarter things I've ever done in four years," Roberts says. "I knew that his paper interpretation of her that he gave me as my reference was all that I would need."

And it turns out Roberts' fears of falling too in love with Gilbert were well-founded, as she discovered when Gilbert visited the production while it was shooting in Rome. "She was a delight," the actress gushes. "She's like a warm hug the second you lay eyes on her."

NED EHRBAR

Supermodel bragged about gem, says Mia

Actress contradicts Naomi Campbell's assertion that she didn't know the gift was from Liberian president Charles Taylor

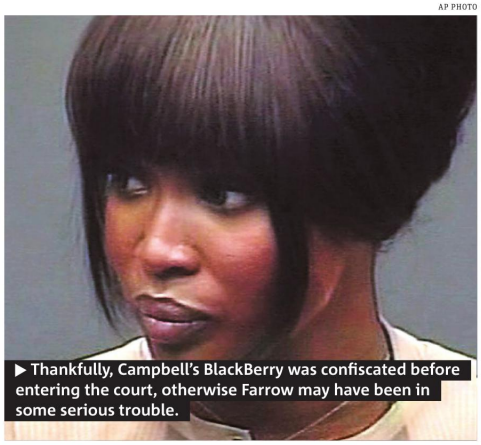
Naomi Campbell told Mia Farrow that she received a "huge diamond" from the former president of Liberia, the actress said from the witness stand yesterday, contradicting the model's testimony that she didn't know the value of the gift from accused war criminal Charles Taylor.

The prosecution called Farrow, and Campbell's former agent Carole White, to testify about uncut diamonds that Taylor allegedly gave the model after a September 1997 party they all attended that was hosted by then-South African president Nelson Mandela.

Prosecutors have pulled the celebrity witnesses into Taylor's trial hoping they will show Taylor was in possession of at least one "blood diamond" – stones sold to fund wars.

Farrow testified that Campbell had told other guests over breakfast in 1997 she had received a large gem from Taylor. She said Campbell said she planned to give it to charity – the Nelson Mandela Children's Fund. The defence lawyer said Farrow's testimony is not credible, given that it contradicts the known number of the diamonds and involves events from an event 13 years ago. **ASSOCIATED PRESS**

AP PHOTO



▶ Thankfully, Campbell's BlackBerry was confiscated before entering the court, otherwise Farrow may have been in some serious trouble.

Celebrity tweets



Sarah Silverman [@SarahKSilverman]
For very good & for very bad, success seems to come from an abundance of nerve.



Justin Bieber [@justinbieber]
just heard U SMILE on the RADIO!!! WOOOHOOO!!! Thanks to Melissa the girl on the radio who requested!!



Russell Brand [@rustyrockets] I have been watching Fox News for six hours and there has been no news about foxes

Talking points

Perry takes a shot at her ex in new song

YOU OUGHTA 'NO'. Katy Perry is reportedly going after ex-boyfriend and former Gym Class Heroes singer Travis McCoy in a track on her new album, according to Billboard magazine. The song, Circle the Drain, includes the lyrics, "Thought I was the exception/ I could rewrite your addiction/ You could have been the greatest/ But you'd rather get wasted." ● METRO WORLD NEWS



Lohan assistant losing her mind

Lindsay Lohan's assistant probably had no idea her job would actually get harder while her boss is locked up in rehab, but that's exactly what's happened for the woman known only as Eleonore, sources tell TMZ. The long-suffering assistant is reportedly "miserable," "super-stressed" and "incredibly worn out" these days because while Lindsay is in rehab, her mother, Dina Lohan, and younger sister, Ali Lohan, have been keeping Eleonore plenty busy with endless errands and requests. ● METRO WORLD NEWS

AP PHOTO



▶ Lindsay Lohan

Quick hits

Your daily dose of Dish in bite-sized pieces.

1 Jason Bateman recently said he's keen on having Jennifer Aniston in the planned Arrested Development movie, but how does the former Friends star feel about the idea? "I love it. I actually think I might have asked him if that was possible," Aniston tells MTV News.

2 Emma Thompson is not exactly the biggest Audrey Hepburn. In fact, she's thrilled to be working on a new version of My Fair Lady because Hepburn's performance wasn't up to snuff, she tell the Telegraph. "I'm not hugely fond of the film. I find Audrey Hepburn fantastically twee," Thompson says. ● METRO WORLD NEWS









3 life

Activities for addicts



1 Sky Diving: Addicts need to channel adrenaline someplace else, skydiving is a sport that provides a huge adrenaline rush.

2 Running: Running releases the brain's pleasure chemicals, endorphins, leading to what is known as a 'Runner's high.'

ROMINA MCGUINNESS

Doctors call for clampdown on 'snake oil' health claims at hyperbaric clinics

Robert Palmer wasn't far from the truth when he belted out the lyrics to his song, "might as well face it you're addicted to love" in 1986 An addiction can take any form. Whether it's the high from winning a bid on eBay, doing a line of cocaine or eating a bag of Doritos, addiction is an illness with huge social, mental and physical implications

FLICKR CC DOUG88888



Gimme more


ROMINA McGUINNESS
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METRO WORLD NEWS IN LONDON

ADDING UP ADDICTION

London based psychotherapist Marisa Peer defines addiction as "anything that moves the brain away from a bad or negative feeling, to a good one." We're not just dealing with substances, but anything that affects the pleasure centres of the brain. Activities such as gambling, shoplifting or online shopping are common addictions.

Peer believes that there is no one theory to explain why one person will be more predisposed to developing an addictive behaviour than another. Metro speaks to addiction experts to find out why some of us just can't seem to get enough.

SUBSTANCE OVER SUBSTANCE

Paul J Kenny, Associate Professor of the Department of Molecular Therapeutics at the Scripps Research Institute in Florida, found that compulsive eating shared the same addictive biochemical mechanism as drug abuse.

For the study he separated a group of rats into three categories, group one had no access to junk food, group two had limited access (one hour a day) and group three unlimited access to anything fatty and high in sugar or salt such as bacon, icing or cake. "Unlimited and extended access to junk food causes a shift in brain activity, leading to compulsive eating habits," explains Kenny. The brain is designed to register pleasure, triggered by both drugs and junk food.

If addicted

Whatever it is someone is addicted to, for it to end it must be cut out completely, or abstained from for several months, maybe even years. The best is to transfer this addictive compulsion to something much healthier, such as focusing on living a healthy lifestyle, exercise or work.

THE LESSER OF TWO EVILS

Similarly, Peer observes that refined white sugar and caffeine have the same effect on the pleasure centres of the brain as opium and nicotine.

"Sugar, caffeine and dairy are highly addictive," she says.

The thing all these foods have in common is that they have all been chemically refined.

LET'S GET PHYSICAL

The unsavoury subject of sex is something most addicts are ashamed to speak about, making it that much harder for them to reach out for help.

Dr Drew Pinsky is an expert in sex addiction, having appeared on TV shows such as Celebrity Rehab and Oprah.

Recent sex scandals involving celebs have led us to wonder, 'how does one become addicted to sex?'

Pinsky believes emotional or physical abuse as children is something many sex addicts have in common.

'It's the high'

One of Peer's clients is addicted to shoplifting even though, ironically, she is extremely wealthy. "Money isn't the issue, it's the high that comes with it and the adrenaline rush she gets from getting out of the store without being caught, these people are often hoarders, storing piles and piles of things in their homes," explains Peer. "You could put this need to consume down to a feeling of emptiness, a void people need to fill but the same goes for winning a gambling bet or a bid on eBay."


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Finding the life you really want

Vancouver doctor danced and wrote her way to a healthier, happier self ◆ Revive your passionate side

CELIA MILNE
WELLNESS@METRONEWS.CA

Do you ever feel stuck in your life? The same thing happened to Dr. Susan Biali. At 28, she was beautiful, smart, thin, highly accomplished … and totally miserable.

Dr. Biali had spent 11 years in university, earned a medical degree, and was working on an emergency medicine residency in Vancouver. These accomplishments pleased others, but not herself. She sank into depression.

When she finally took a break from medicine, she realized what she really wanted to do with her life: flamenco dancing and writing. Sound crazy? So what! After much soul-searching and hard work, Dr. Biali has put her dreams into action: She's now not only a doctor, but also a professional flamenco dancer and writer.

"Anything is possible and amazing things happen when you take small steps that honour a dream or passion," Dr. Biali tells Metro.

She has written a book to inspire others, called Live a Life You Love. It charts seven steps to a healthier, happier and more passionate you.

Her advice? If you want to change your life for the better, don't listen to the non-believers. "If you dream of doing something, go for it," Dr. Biali writes.



▶ After earning her medical degree Dr. Susan Biali was miserable and turned to flamenco dancing to find happiness.

Creative self

What does creativity have to do with health?

▶ Dr. Susan Biali, in her new book Life a Life You Love, explains that a balanced, happy, healthy life depends on nurturing your inner, creative self. You can't be happy if you are starving it. Draw, paint, play, dance, write, walk — think of the things you loved to do when you were little — and do them again!

Tips on how to eat healthier

We all struggle with food choices. We want to eat healthier. We know how, but we're tempted by delicious treats. Dr. Susan Biali is a medical doctor with a degree in dietetics. Here are her simple tips for healthier eating:

- Eat breakfast. You'll eat less later.
- Eliminate or decrease sugary drinks.
- Eat regularly throughout the day. When you avoid getting ravenously hungry, you are less likely to binge-eat.
- Eat balanced quantities of good protein (fish, chicken, legumes), healthy fats (extra virgin olive oil) and healthy carbohydrates (brown rice). ● CELIA MILNE







Liquid Assets

belongs to beer

As much as a wine guy like me hates to admit it…summer really does belong to beer.

While no vinophile can deny a chilled brew's affinity for warmer weather; the fact that most are a perfect match for grilled grub is the thing (for me) that make them an undeniably indispensible beverage when it comes to the lazy, hazy, crazy days of August.

Then there's the variety. If you can push past the piles of lime-flavoured whatever at your local liquor store you'll discover some incredibly innovative brands from all over the world.

Though Spain certainly knows its way around a vineyard it's not the first country you think of when you're thirsty for a pint. Estrella Damm (500 ml, $2.15 - $3.04) has been brewed in Barcelona since 1876 and has a bit more weight than many of its European lager style competitors.

If you like your Germans a tad darker the Warsteiner Premium Dunkel (500 ml, $2.00 - $3.04) is a lightly toasted lager with a smooth flavour trail of coffee and dark caramel.



For a gutsy seasonal (but surprisingly well-balanced) ale try the Innis & Gunn Blonde (330 ml, $2.95 - $3.81) from Scotland.

Prices reflect the range across the country. Some products may not be available in all provinces.



PETER ROCKWELL
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Stay cool with salads

Skip the stove and opt for one of these veggie-filled suppers instead

No matter which part of the country you're in, everyone can agree that this summer has been hot!

On the days that your shoes seem to stick to the sidewalk, the last thing you want to do is turn on an oven and transform your kitchen into a sweltering inferno all for the sake of supper. So, try these cool salads instead!

Our Moroccan Quinoa Salad is regularly one of the most viewed recipes on our site. Maybe that's because quinoa is the grain du jour, and no wonder: It's incredibly versatile and easy to make.

If you're craving a bit of meat, try the Three-Pea Salad with Pancetta, Parmesan and Herb Grilled Chicken. Sugar snap peas are beautiful when fresh, and have a crisp sweetness that marries wonderfully with salty Parmesan and pancetta.



▶ Three-Pea Salad with Pancetta, Parmesan and Herb Grilled Chicken.

Three-Pea Salad with Pancetta, Parmesan and Herb Grilled Chicken Ingredients:

- 4 (10-inch) metal or bamboo skewers
- 1 lb chicken breast, cut into 1-inch cubes (about 20 cubes)
- 4 slices pancetta, each round cut into quarters
- 1/2 cup olive oil, plus more for oiling grill
- 3 tbsp rice vinegar
- 2 tbsp pure maple syrup
- 2 tbsp mixed fresh herbs (rosemary, tarragon, basil or other)
- 1/2 tsp kosher salt, plus more for chicken
- 1/4 tsp freshly ground black pepper, plus more for chicken
- pinch red pepper flakes
- 3 cups pea shoots (tendrils), thick stems trimmed
- 3 cups torn lettuce or spinach leaves
- 2 cups snow peas, sliced diagonally in half
- 1 cup sugar snap peas, ends trimmed, sliced diagonally in half
- 4 radishes, trimmed and thinly sliced
- 1/4 cup shaved Pecorino Romano cheese

Chicken Preparation:

1. Preheat a grill or grill pan to medium-high. Arrange chicken evenly on skewers, alternating chicken pieces and pancetta slices. Season with salt and pepper; set aside.
2. In a jar with a tight fitting lid, combine olive oil, rice vinegar, maple syrup, herbs, salt, pepper and red pepper flakes. Seal jar with lid and shake until mixture is well blended. Divide mixture in half. Reserve one half for vinaigrette and one half for basting chicken. Oil grill and cook chicken, turning and basting occasionally with herb mixture until cooked through, about 8 to 10 minutes. Remove from heat and let rest briefly before serving.
3. Meanwhile, combine remaining ingredients in a large bowl and toss with some of the reserved vinaigrette until thoroughly coated. Divide greens among 4 plates and serve with a chicken skewer on top. Alternatively, chicken can be removed from skewers and served tossed with salad ingredients. (Recipe by Paula Bowman)

Moroccan Quinoa Salad Preparation:

1. Cook quinoa, according to package instructions. While quinoa is cooking, whisk together lemon juice, olive oil, cumin, salt and sugar into a vinaigrette in a small bowl.
2. Combine quinoa and all remaining ingredients, except fresh herbs, into a medium-sized bowl.
3. Drizzle with vinaigrette. Toss to combine. Refrigerate for at least one hour to allow flavours to combine. Add fresh herbs just prior to serving. May be served at room temperature. (Recipe by LeeAnne Wright)

CONTRIBUTED BY

20minute Supper Club

For more info, 20minute supperclub.com/metro

Moroccan Quinoa Salad Ingredients:

- 3 cups cooked quinoa (1 cup dried)
- 1/3 cup freshly squeezed lemon juice (about 2 lemons)
- 3 tbsp olive oil
- 2 tsp ground cumin
- 1 tsp salt
- 1/4 tsp sugar
- 1-1/2 cups canned black beans, rinsed
- 1-1/2 cup corn kernels (about 2 cobs) or defrosted frozen
- 1/2 small red onion, thinly sliced
- 1 pint cherry tomatoes, quartered
- 1/2 cup slivered almonds, toasted
- 1/4 cup chopped green or black olives
- 1/4 cup chopped fresh mint
- 1/4 cup chopped fresh coriander

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SHE SUGGESTED WAITING UNTIL HE WAS SOBER

How We Met:
Michael & Candice

Names: Michael, 33, and Candice, 26

Hometown: Vancouver

Together since: 2008

Their story:

I had a friend with him and they both helped me unload the truck and set-up for the tournament.

I was blown away and thought that it was super nice of them. We had a few drinks and chatted afterward. I thought Michael was very handsome, but I actually ignored him a little because I assumed he was "a player" based on his good looks.

When I got home that night, I received a text message from Michael asking if it would it be inappropriate to ask me out sometime, since we somewhat worked together.

I replied that if he had the guts to ask me out when he was sober, I would think about it.

He called me first thing in the morning to apologize for his late-night text and he did ask me out again – sober! Many dates and two years later, we're still together and I'm glad I didn't judge this book by his cover!"

FOR MORE HOW WE MET STORIES, GO TO 2FORCOUPLES.COM



▶ Candice thought Michael was very handsome, but she worried his good looks meant he would be a player.

Romance



▶ For women, cucumbers mixed with Good & Plenty candy are a big turn-on.

AUTHOR REVEALS SECRETS FROM THE SEX LAB

For her book, Secrets from the Sex Lab, author Judy Dutton gathered researchers' findings on what's going on chemically and neurologically.

The biggest mystery is sexual chemistry. What is it?
Sexual chemistry is ruled by factors we have little control over or little awareness about. For example, the way someone smells can make or break how much chemistry you have. Someone may seem all wrong but the smell is right and you're smitten and you don't understand why. It has to do with the major histocompatibility complex, a sequence of genes involved in the immune system. If someone smells good, it indicates that your immune systems are compatible and you'll have strong healthy offspring. This isn't something we think about consciously. It's going on under the surface.

What particular smells are turn-ons?
Scientists actually hooked up measuring devices to people's genitals to measure blood flow and then put different smells in front of them until they found winning combinations. An interesting day at work.
They found that men are attracted to the smell of pumpkin pie mixed with lavender. That smell increased genital blood flow by 40 per cent. For women, the smell of cucumber mixed with the candy Good & Plenty increased vaginal blood flow by 14 per cent.
They also found that a spicy floral scent made women appear about twelve pounds lighter to men.

You say that even a person's name may affect chemistry. Ben and Julie are hot. Luke and Anne are not. Why?
A researcher put pictures up on the website hotornot.com and then changed the names to see the effect. For men, names with a, e and i sounds, such as Matt or Mike, were rated as hot. For women, it was o and u sounds, like Lola or Judy. Apparently, the sound of the vowels seem to make an impact on how attractive we find someone.

Besides smearing yourself with pumpkin or cucumber, what other flirting tips does science offer?
For women, one technique is to schedule dates around when she's ovulating. Studies show that men find women more attractive at that time than any other point in the month. We don't know exactly why — smell, looks — but they're more appealing. For men, when they go out on the prowl, instead of bringing a wingman with them, they should bring a wingwoman, a female friend. The reason is what scientists call mate choice copying. Women are more attracted to men who are already receiving female attention.

You write about erogenous zones. But really, nose and knee orgasms?
A lot of people think it's an urban legend, but scientists have documented them, even ear-gasms and eyebrow-gasms. Certain people are just wired that way. It's not as if everyone can have a nose orgasm. I tried but didn't get far. If someone is highly aroused by traditional means, sometimes a little caress on a particular part of the body will do it. You never know until you've tried.

TORSTAR NEWS SERVICE





Fun and Frugal



MONEY@METRONEWS.CA

INSURANCE BASICS

Though it's not pleasant to think about illness, disease, death, disability, floods, fires, accidents, or other awful events, catastrophes can happen and you need to be equipped with the right insurance to get you through.

The first rule of insurance is to insure for the major things and people in your life such as your house, vehicle, future earnings and life, in the event that you die.

Avoid insuring for petty things like extended warranties on computers, eye glasses and cars.

Pet and child life insurance are also a bad deal because your financial survival doesn't depend on the survival of your pets and children. Adult life and disability coverage is often sufficient for a family.

Next, opt for the highest deductible. The likelihood of something catastrophic happening is low, so you should always be able to afford the higher deductible, for example, $1,000 versus $500.

Annual savings roll in at 15 to 20 per cent of the total premium paid when you select the higher deductible.

Low deductibles also give people incentive to file small claims more often. And when you file more claims, your premiums go up. In the unlikely event that you get into loads of accidents, your premiums will increase regardless.

Plug into savings on electricity bills

Changing appliances, switching to compact fluorescent bulbs can take to stop the cash drain

ON MONEY

ALISON GRIFFITHS
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When certain costs get out of hand you have to take them in hand. I'm mad as hell and I'm not going to take it any more. Electricity bills.

Last week the news was full of predictions about energy bills rising by double digits over the next few years nationally.

It's time to get even.

I'm never going to be the poster girl for electricity conservation. My husband and I both work and live in a rambling, leaky 160-year-old stone farmhouse. No mind! Here's how we tackled our consumption, determined to cut $150 monthly.

1. One wheezy beer fridge. Gone. And it was hauled away gratis.

2. Lights! Camera! Inaction! Lights off, natch, but we went after power bars, the satellite receiver and everything with a standby setting.

3. Bulbs. Went compact fluorescent throughout except where we need better illumination for reading.

4. Windows and doors. We replaced ancient windows and caulked like crazy.

5. Hot and Cold. We set the air conditioner higher and heat lower.

6. Furnace. We installed a device ($7 monthly rental) which maximizes burn rate and fan time.

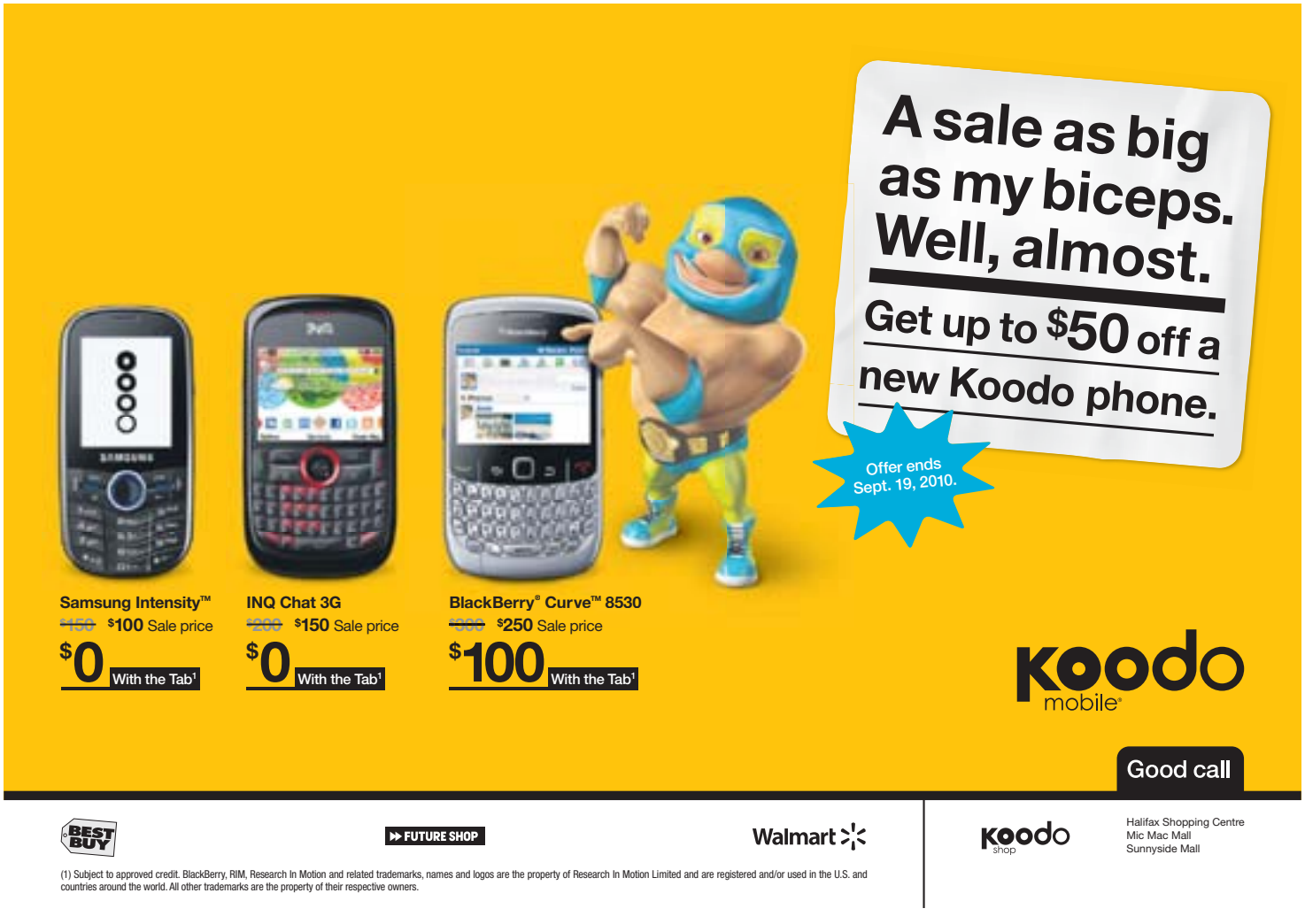
7. Just dry me. The dryer is the biggie. It's a matter of pride that we only use it for emergencies.

Voilà! $150 saved monthly = $23,636 over 10 years at a 5 per cent rate of return.

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TD	1.10%
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Take deep breath and dive right in

Frosh week provides first-year students with their 'training wheels' for independence

JON TATTRIE
FOR METRO CANADA

The first week of university can be an overwhelming immersion in a new world, but experts say the best plan is to take a deep breath and dive in.

Adrian Lee, a Frosh co-ordinator at the University of King's College in Halifax, says you may be reveling in a new-found independence, but you should still listen to your frosh leader.

"The leaders have been there before and they know what's best and what it's going to take for you to have an optimal week orienting yourself to a completely new city and completely new friends," he says.

That includes learning to live on your own, either on campus or off.

It's also a great chance to meet new friends and set yourself up with allies for the next four years. While booze has a long, respected role in frosh weeks, Lee says not everyone wants to end up drinking beer out of a shoe. He was a quiet frosh and therefore terrified. It worked out well, and soberly, for him.

Denea Campbell, an orientation coordinator at the University of British Colombia, says the top three goals are meeting new students, getting prepared for class and getting involved.

At UBC, the critical frosh day is Imagine UBC, where a senior student offers groups of 12 new and returning students a vast amount of information about their campus and city.

It can seem overwhelming and hiding in your spiffy new apartment may seem appealing, but Campbell says there will be lots of time to do that. There won't be lots of time to learn where the arts building is.

"I would recommend going to all of your classes — I mean, always go to class, but at least go on your first day and get the syllabus," she says.

ISTOCK



▶ Look to frosh leaders for guidance on orienting yourself to a new city and a new experience.

Frosh by any other name

- While Canadians are accustomed to the gender-less term frosh, its roots are from freshmen, the term still used in much of the U.S. In the United Kingdom and Ireland, scholarly newbies are known as freshers.
- South Africans starting their post-secondary education earn the more erudite nickname of learners.
- Swedish students humble first years with the term "nolla," which means zero, as in zero-year student.
- Australians cut to the chase with the vulgar acronym Jaffys. That stands for "just another freaking first year," only they don't say freaking.

THE INTREPID TRAVELER/FLICKR



▶ Dalhousie's new health mentors program pairs students with people living with chronic conditions.

Keeping an open mind

Students learn from people with chronic conditions

RICHARD WOODBURY
FOR METRO HALIFAX

Dalhousie University is introducing a new health mentors program which will partner students up with people living with chronic conditions.

130
The number of mentors looking to be recruited for the Dalhousie Health Mentors Program.

"The role of the mentor is to tell the students their story, what it's like for them to live with their condition, what it's like in their lives and how they've navigated the health care system," explains Susan Nasser, the coordinator of the program.

The students will not be providing treatment or health advice, but rather their role will be to listen and learn from the mentor.

While over 500 students from 17 health programs such as audiology, dentistry, medicine and physiotherapy will be participating in the program, there is less structure to defining who the mentors can be.

"We're being very open and general about what a chronic condition means," says Nasser.

"We don't want people to look at a list and say, 'I don't have any of those things so I won't bother calling,'" she says.

A chronic condition is something somebody has over the course of their lifetime of which there is no cure.

Examples include diabetes, high blood pressure and arthritis.

"They learn how to live with it and manage it and control it," says Nasser.

In talking to mentors about the program, Nasser says they have often talked about how the program should help humanize the experience patients have when interacting with health care practitioners.

The program should also reinforce to students that "people are people first and not just a condition," says Nasser.

"We're really hoping that this experience will help students to absorb that and carry that through their education as they become practicing professionals in the field," she says.

With a high rate of chronic illness in Nova Scotia, it makes for an excellent location to implement the project, says Nasser.

"I really believe our health mentors are making an enormously valuable contribution to health professional education."
SUSAN NASSER ON THE NEW DALHOUSIE HEALTH MENTORS PROGRAM



4 sports

Sports in brief



1 Jason Kidd is discussing a contract extension with the Bulls.

2 Red Wings and Tigers owner Mike Ilitch wants to buy the Detroit Pistons.

3 Teemu Selanne signed a one-year contract with the Ducks.

THE ASSOCIATED PRESS

Scan code for news

Rogers Cup. Homegrown giant-killer



▶ Peter Polansky pumps his fist after defeating Jurgen Melzer of Austria in Rogers Cup ATP tennis action in Toronto yesterday.

REUTERS

Polansky's upset thrills hometown fans at Rogers Cup

Canadian Peter Polansky has upset one of the top-ranked tennis players in the world.

The 22-year-old native of Thornhill, Ont., beat Austrian Jurgen Melzer in the first round of the Rogers Cup last night, grinding his way to a 7-6, 6-4 win in front of an appreciative centre-court crowd at Rexall Centre.

Melzer entered the Canadian tournament ranked 15th in the world, having appeared in the French Open semifinal, and having earned more than $1 million US in prize money so far this year.

Polansky is ranked No. 207, with earnings of $27,052.

Arbitrator says no to Kovie's deal

- Arbitrator upholds NHL's rejection of Kovalchuk's 17-year, $102-million contract with Devils
- Deal would have been longest and most severely tapered of 'front-end loaded' contracts

Ilya Kovalchuk is an unrestricted free agent for the second time this summer.

Independent arbitrator Richard Bloch ruled in favour of the NHL's rejection of Kovalchuk's 17-year, $102-million US contract with the New Jersey Devils.

Kovalchuk agreed to the deal with the Devils on July 20 but the league ruled later that night that the landmark contract, the longest in NHL history, violated the salary cap.

The NHL Players' Association then filed a grievance disputing the ruling.

The NHLPA said in a statement issued yesterday it was "disappointed with the arbitrator's ruling to uphold the NHL's rejection of the contract between the New Jersey Devils and Ilya Kovalchuk."

The NHLPA added it was "currently reviewing the decision and will have no further comment at this time."

In a brief statement yesterday, NHL deputy commissioner Bill Daly said that Bloch's ruling is "consistent with the league's view of the manner in which the collective bargaining agreement should deal with contracts that circumvent the salary cap."

The league felt the Devils went too far in giving the 27-year-old Russian a contract that would pay $95 million over the first 10 years, but only $7 million over the final seven. That would reduce the cost against the salary cap to a relatively modest $6 million per year. The final five years would pay only $550,000 per season.

Questions were also raised over term. It would end when Kovalchuk is 44, well past retirement age for most players.

However, in recent seasons the league has not rejected similar "front-end loaded" contracts in which the salary cap hit is diminished by adding extra years at relatively low pay.

But none is as long or tapers so sharply at the end as that signed by the flashy Kovalchuk, the biggest name on the free-agent market this summer.

THE CANADIAN PRESS

Lowly Mariners fire trailblazing skipper

The last-place Seattle Mariners have fired manager Don Wakamatsu.

The team announced the dismissal of the major leagues' first Japanese-American manager hours before last night's game against Oakland.

Wakamatsu is the fifth manager to be fired this season. Baltimore's Dave Trembley, Kansas City's Trey Hillman, Arizona's A.J. Hinch and Florida's Fredi Gonzalez also were dismissed.

Seattle entered the day 42-70, second to last in the AL. THE ASSOCIATED PRESS

Reds beef up outfield for playoffs

The NL Central-leading Cincinnati Reds got Jim Edmonds from the Milwaukee Brewers in a trade for Chris Dickerson yesterday, strengthening their outfield for a playoff run.

THE ASSOCIATED PRESS

Raptors headed to jolly old England

The Toronto Raptors will lead the NBA's first regular-season excursion overseas.

NBA commissioner David Stern confirmed yesterday the Raptors and New Jersey Nets will play two regular-season games in London this season.

The teams will square off March 4 and 5 at the O2 Arena.

"The entire Raptors organization is pleased to be representing the NBA in these historic regular-season games in Europe," said Raptors GM Bryan Colangelo in a statement.

THE ASSOCIATED PRESS

GOLF

Top seed rolls at N.S. Open

Top seed Adam Becker cruised to another win at the Bell and Grant Nova Scotia Open at the Waegwoltic Club in Halifax yesterday.

Becker, a Bridgewater native who won the title in 2008, swept Dennis Keaveney 6-2, 6-2. Other men's open winners were Geoff Learmonth, Robbie Weatherston, Phil Anderson, Daryl MacPherson, Travis McDonough and Chris Matthers.

In women's open singles, Julia Gray, Sarah Tremaine, Sandy MacKie, Lesley Brennan and Michelle Karis emerged with victories.

The eight-day tournament resumes today and concludes on Saturday.

METRO HALIFAX

Boston pen key to split

2	1
RED SOX	YANKEES

Daniel Bard trotted in from the bullpen in the seventh inning knowing he was facing a most sticky situation — and it had nothing to do with the sultry weather.

Worse. The bases were loaded, Derek Jeter was the batter and the Boston Red Sox were clinging to a two-run lead over the New York Yankees.

"You don't want to be the guy that gives it up," Bard said. "Also you want to see where your stuff takes you."

Bard's stuff was stellar.

He needed only six overpowering pitches to strike out Jeter and Nick Swisher to get out of that jam, and the Red Sox went on to a 2-1 victory yesterday over the Yankees that ended Jon Lester's career-worst four-game skid.

"Exciting," Lester said. "He did a great job executing pitches that inning."

Closer Jonathan Papelbon struck out three in 1⅓ innings for the save and Jacoby Ellsbury tied a team record with four steals as Boston took the finale of the wraparound series that had four different start times because of national TV demands.

The win locked up a split of the series and ensured the third-place Red Sox remained six games behind AL East-leading New York, their standing when the set began.

"A lot of good things happened today or we don't win that game," manager Terry Francona said.

THE ASSOCIATED PRESS

Blue Jays keep on belting home runs

DAVE SANDFORD/GETTY IMAGES



▶ Jose Bautista steps into a swing.

Other teams concede homers are coming, try to limit damage

The year of the pitcher across the majors has been the year of the longball for the Toronto Blue Jays, who surely found the zenith of their season-long air show with an eight home run performance over the weekend.

For some perspective, Saturday's assault of shell-shocked starter James Shields and the Tampa Bay Rays was just the 20th time a big-league team has hit eight or more home runs in a single game, according to Elias Sports Bureau, and was two short of the record 10 the Blue Jays established against Baltimore on Sept. 14, 1987.

Consider, too, that there have been just 20 perfect games thrown in the majors.

Yet the fireworks were overshadowed by the excitement over prospect J.P. Arencibia's stunning two-homer, four-hit debut in the 17-11 win, and then nearly completely forgotten as Brandon Morrow came within an out of the franchise's second no-hitter in Sunday's 1-0 win.

The rarity of the power display, however, made it just as memorable as the efforts by Arencibia and Morrow, even if that was somewhat lost in the other buzz.

99
The Jays rarely go deep with runners on. Of their 175 home runs, 99 were solo shots.

"I've never seen anything like that," marvelled Jose Bautista, whose major-league best 34th home was No. 5 on Saturday for the Blue Jays.

The Blue Jays now have 175 home runs, tops in the majors, a full 28 ahead of the Boston Red Sox, who are in Toronto for the start of a three-game series tonight.

It's come to the point where teams concede that the Blue Jays are going to burn them with the longball, and focus more on damage control. That's exactly what Rays manager Joe Maddon was musing about Friday afternoon.

"That's who they are, that's their nature," said Maddon. "You try to limit it as much as you possibly can, limit the number of people who are on base.

"That's your best recourse."

THE CANADIAN PRESS

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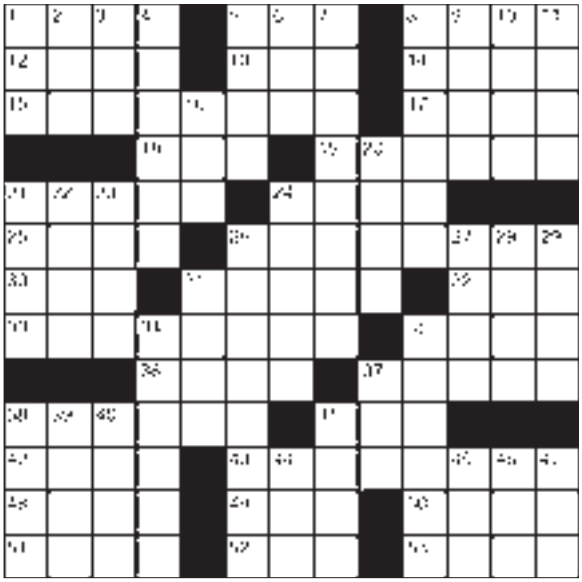
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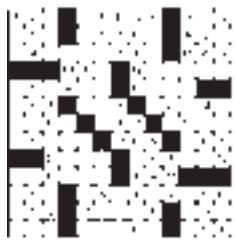
Crossword



Across
1 Talon
5 Calendar abbr.
8 Movie pig
12 Gaucho's weapon
13 Judge Lance
14 Eye part
15 Gilbert's partner
17 Guys' companions
18 "CSI" evidence
19 Bite a bit
21 Streamlined
24 Conflagration
25 Home turf?
26 "Midnight in the Garden of Good and Evil" setting
30 Actress Gardner
31 "Nevermore" sayer
32 Id counterpart
33 Points of perspective
35 Newman or McCartney
36 Responsibility
37 Blender setting
38 Palin territory
41 Melody
42 Works on 25-Across
43 Germane
48 Shrek, e.g.
49 Sphere
50 Great Lake
51 Piano array
52 Vast expanse
53 Holler

Down
1 Couric's network
2 Gehrig or Brock
3 Every iota
4 Thoreau's getaway spot
5 Prima donna
6 Greek vowel
7 Plots slyly
8 London landmark
9 Speedy steed
10 Chelsea's dad
11 Being, to Brutus
16 Squid squirt
20 Persia, now
21 Czech or Croat
22 Volcano outflow
23 Actor McGregor
24 Most popular ones, for short
26 Giant cacti
27 In the neighborhood
28 Malaria symptom
29 Golf goal
31 File crosser
34 Hurls
35 Supply provisions
37 Chart format
38 Uncontrollable
39 Theater box
40 All messed up
41 Jessica of "Fantastic Four"
44 Before
45 Exist
46 Zero
47 — Aviv

▶ Yesterday's answer



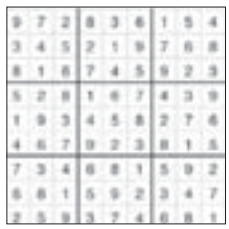
Sudoku

			1		7	6	9	
7	6				3		2	
2		1	4			7		
5	3		9		2	4		6
4		6	3		8		7	9
		5			9	8		3
	2		6				5	7
	7	3	5		1			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



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XOXO MUAH! DAVID

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ALWAYS, MARC

My dear Ruslan You mean a lot to me ... Even now. Kiss You. **YOUR IROCHKA**

I love you babe and can not wait till we are together again.
WILLIAM



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19
Today's new moon will help you focus on what is truly important. This is potentially one of the best times of the year for you.

♉ Taurus April 20-May 21 Get the balance right today. Spend some time helping a loved one overcome their personal problems, but also take advantage of an opportunity to move up on the work front.

♊ Gemini May 22-June 21
What takes place today may appear to have arrived out of the blue but in reality it has been building up for some time. Don't try to dodge the issue: Face up to the challenge and turn it into an opportunity. It can be done.

♋ Cancer June 22-July 22
Among other things the current cosmic alignment will help break the deadlock in your financial and business affairs, so don't lose heart. Your money situation could be better, but it could be worse!

♌ Leo July 23-Aug.23 A new moon in your sign means a new start is possible in whatever area of your life you think needs it most. You have wasted too much time and too much energy on things of no consequence.

♍ Virgo Aug. 24- Sept. 22 You have the power to change your life for the better, but do you have the confidence to use that power? Show the world what you can do. Now!

♎ Libra Sept. 23-Oct. 23 Some major changes are about to take place, changes that will be to your benefit, but you will achieve more if you join forces with people who share your aims.

♏ Scorpio Oct. 24-Nov. 22 You need to wise up about something that, in all honesty, you have been a little naïve about in recent months. It's a tough world out.

♐ Sagittarius Nov. 23-Dec. 21 Everything may be going well for you at the moment but you know from long experience how quickly things can change, so put your own interests first and make sure you keep a little something in reserve — just in case.

♑ Capricorn Dec. 22-Jan. 20
You may want to believe that everyone is on the same side but as there are large sums of money involved you must not take anything for granted.

♒ Aquarius Jan. 21-Feb. 18 A new moon in your opposite sign of Leo indicates that if you confront your emotions openly and honestly your most important relationship will move to a more enjoyable level.

♓ Pisces Feb. 19-March 20 You may be tempted to stick with what you know and trust and do things the way they have always been done, but the planets urge you to be more adventurous. A new approach now will bring big rewards later. SALLY BROMPTON

TRISNADI/THE ASSOCIATED PRESS

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$579
+Taxes & other fees (including service charges): $240
Book by Aug. 13

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Sept. 2, 4 – 25 • 1 wk.
$949
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

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MEXICO

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$1169
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$1329
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BAHAMAS

Great Exuma via Toronto

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Grande Isle Resort & Spa • 4★
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One-bedroom villa garden view
Sept. 5 – 26 • 1 wk.
$1299
+Taxes & other fees (including service charges): $205

ANTIGUA via Toronto

Jolly Beach Resort & Spa • 3 1/2★
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Standard oceanview rm.
Sept. 4, 11 & 18 • 1 wk.
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+Taxes & other fees (including service charges): $249

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★
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Deluxe garden view rm.
Sept. 4, 11 & 18 • 1 wk.
$1289
+Taxes & other fees (including service charges): $238

USA

ORLANDO via Toronto or Montreal

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KIA mobility PROGRAM

$500 Grad Rebate

0% purchase financing available on all 2010 Kia models for up to 48 months on approved credit (OAC). 0% purchase financing available on 2010 Rio/2010 Forte (FO540A only)/2010 Rondo/2010 Sedona for up to 60 months on approved credit (OAC). Cash back varies by model and trim. • "No Payments Until Fall" (60 day payment deferral) applies to purchase financing offers on all new 2010 and 2011 Kia models. No interest will accrue during the first 30 days of the finance contract. After this period interest starts to accrue and the purchaser will repay principal and interest monthly over the term of the contract. † MSRP for 2011 Sportage (SP55AB) is $21,995. Delivery and destination fees of $1,650 and PPSA excluded. License, registration, insurance, dealer administration fees and taxes are excluded. ‡Purchase price for 2010 Forte (FO540A)/2010 Soul (SO55PA) is $13,995/$15,995 and includes a cash rebate of $1,800/$800 based on an MSRP of $15,795/$16,795. Delivery and destination fees of $1,455/$1,650 and PPSA excluded. All offers exclude license, insurance, other taxes, down payment and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Prices subject to change without notice. Certain restrictions may apply. * "We Pay The Tax" on all 2010 Rio models on purchase financing. The finance tax savings will be calculated based on (MSRP + DID + A/C tax + Colour Charge) x applicable provincial sales tax rates. Customers must pay the tax at the time of purchase; Kia will reimburse customers the applicable provincial sales tax amount to be used on monthly or down payments. Taxes will not be reimbursed on additional options or equipment. See your local participating Kia dealership for full details. ♦Highway/city fuel consumption 2011 Sportage (SP55AB) is 6.9L (41 MPG) / 10.0L (28 MPG); 2010 Rio EX (RO54ZA) is 5.8L (49 MPG)/7.1L (40 MPG); 2010 Forte LX (FO540A) is 5.8L/(49 MPG)/8.3L (34 MPG); 2010 Soul 1.6L MT (SO550A) is 6.3L (45 MPG)/7.7L (37 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. ◊Green Score for the 2010 Kia Rio based on specification within its segment. Refer to *GreenerCars.org* for full details. §The 2010 Kia Forte was awarded Car of the Year by *NADAguides.com*. To learn more please visit www.NADAguides.com. ^2010 Kia Soul awarded the Top Safety Pick by the *Insurance Institute for Highway Safety*. Visit www.iihs.org for full details. ®The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some vehicles advertised may include optional accessories or after-sale equipment and may not be exactly as shown. Information in this advertisement is believed to be accurate at the time of print. Offer ends August 31st, 2010. KIA is a trademark of Kia Motors Corporation.